



THE LEADER

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Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

May 9, 2003



One,
two,
three...

Getting, staying healthy takes
more than going to the gym

See Pages 12-13

Photo by Senior Airman Jathzed Fabara

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside: And that's a wrap

Weekend weather

Today	60/47	rain
Saturday	55/42	rain
Sunday	52/42	mostly cloudy
Monday	62/35	partly cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

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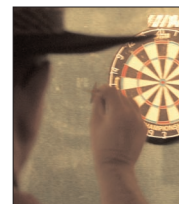
Vice bids farewell

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Straight shootin'

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401st AEW vital to Operation Iraqi Freedom

By Staff Sgt. Marti Ribeiro
401st Air Expeditionary Wing Public Affairs

The flight line is busy once again after being quiet for several days, but this time it's a different kind of 'busy.'

This time, it's busy with maintenance crews getting aircraft, cargo and passengers ready to fly home.

Things are starting to wind down here at a deployed location in the eastern Mediterranean as people pack up and return to their bases.

The high-speed pace that members of the 401st Air Expeditionary Wing kept up during Operation Iraqi Freedom has slowly died down. This high-speed pace was worth it according to members of the 401st AEW, as they played an integral part in the success of the global war on terrorism.

Flying more than 1,250 combat sorties and logging more than 5,700 flight hours, KC-135 Stratotankers from the 401st AEW offloaded more than 48 million pounds of fuel while refueling more than 4,400 aircraft ranging from Navy FA-18s to the Air Force's own F-15s.

Besides the refueling mission, the 401st Airborne Warning and Control System from Tinker Air Force Base, Okla., controlled more than 7,200 air strikes, directed airdrops of U.S. personnel and ensured the successful suppression of Iraqi SCUD missiles, according to Col. Cathy Clothier, 401st

Expeditionary Operations Group commander.

But, while the AWACS took control of the skies, the Joint Surveillance Target Attack Radar System from Warner-Robins AFB, Ga., also stationed with the 401st AEW, took control of the ground. According to Clothier, the Joint STARS surveyed more than 50,000 square kilometers per sortie, detecting 373 critical ground targets including aircraft, tanks and vehicles.

Throw in the fact that this deployed location was not originally going to house this many aircraft and it makes the success even more amazing.

"We weren't able to establish bases in Turkey and it slowed down the air support to the ground forces in northern Iraq, so operations were moved here," said Col. Terry New, 401st AEW, commander.

But, once the decision was made to move operations here, it was down to business.

"The 401st formed the largest concentration of KC-135 air refueling assets in the war on Iraq, producing a phenomenal 99.8 percent mission effectiveness rate," Col. Clothier said.

The feat is even more remarkable when noted that the 401st tankers maintained a 92 percent mission capable rate throughout the entire operation according to Col. New.

"We were the largest KC-135 tanker unit in all of Operation Iraqi Freedom,"

Col. New said.

But, with a large number of tankers stationed here, maintenance crews had to overcome new obstacles. With restraints on how many aircraft could be parked on the various tarmacs, maintainers were forced to play an elaborate game of chess trying to strategically park the aircraft to maximize the limited space.

"We had to work like the Navy, almost like we had a constrained carrier deck. We only had so many parking spots for aircraft and we had to use every inch of space to its fullest capacity," Col. New said.

Maintenance crews worked 'round the clock to make sure all tankers were serviced, parked and ready to fly.

"Not a single bomb would be dropped, not a single air-to-air target would be engaged, and not a single AWACS or JSTARS mission would be successful without tankers," Col. Clothier said. "The tankers are the lynch pin in air operations."



Photo by Airman 1st Class Melisa Kelly

Chief Master Sgt. Mark Mullen, 401st Air Expeditionary Wing, Command Chief Master Sergeant, slings A-3 mobility bags for wing personnel from this eastern Mediterranean British base. Chief Mullen has been deployed to this location supporting missions in Operation IRAQI FREEDOM.

But, the 401st job didn't stop there. While refuelers were flying day and night, AWACS and JSTARS were providing support to the air and the ground in northern Iraq.

-- see OIF, Page



Action Line
747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message.

88%

Mission effectiveness rating

13

DWI-free Days



Col. Keye Sabol
319th Air Refueling Wing commander

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♦**Advertisements** -- Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Air Force starts assessment survey

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — After a short delay because of Operation Iraqi Freedom, the 2003 Air Force Community Assessment survey is under way.

According to the director of family advocacy research, the agency responsible for conducting the assessment, the survey is now being sent out to more than 180,000 randomly chosen active-duty and Reserve airmen and their spouses.

Maj. James D. Whitworth said Air Force officials will use results from the assessment to learn how to better help airmen and their families.

Questions on the assessment are written to help leaders at Air Force installations gain insight into how people feel about their communities

and the services provided within those communities, Whitworth said.

Airmen can complete the survey via the World Wide Web.

Spouses have the option of completing it on the Web or on paper.

The assessment will take less than 20 minutes to complete, Whitworth said.

According to Whitworth, the effectiveness of the assessment depends on participants' willingness to accurately complete it.

"We want to make improvements in our communities without guessing," Whitworth said. "We need to know people's thoughts and needs. If people don't tell us what they need or what their problems are, we can't help them.

"This assessment is their chance to do that."



Photo by Staff Sergeant Scott Sturkol

Flashy

The base unveiled its new tailflash Thursday afternoon, depicting the Grand Cities sunflake logo and the Grand Forks name.

CSAF adds three books to reading list

WASHINGTON (AFPN) -- Air Force Chief of Staff Gen. John P. Jumper announced May 5 the addition of three books to his recommended reading list.

In a Chief's Sight Picture, Gen. Jumper said the new books will help provide a broad understanding of where the service is as an air force, the challenges and demands it faces, and a clear vision to the future. The books are:

▶ "Frank M. Andrews: Marshall's Airman," by DeWitt S. Copp and the Air Force History and Museums Program.

▶ "The Crisis of Islam: Holy War and Unholy Terror," by Bernard Lewis.

▶ "Supreme Command: Soldiers, Statesmen, and Leadership in Wartime," by Eliot Cohen.

"The ultimate source of air and space combat capability resides in the men and women of the U.S. Air

Force," Gen. Jumper said, explaining why reading such books is important to one's growth as a leader. "We owe it to ourselves to continue our professional development to continue to hone our quality edge."

"Frank M. Andrews: Marshall's Airman" celebrates the centennial of powered flight and commemorates the accomplishments of Gen. Frank M. Andrews, a leading founder of the Air Force. This selection chronicles Andrews' rise as one of America's great airmen, his command of theater forces during World War II and his special relationship with Gen. George C. Marshall.

"The Crisis of Islam: Holy War and Unholy Terror" provides an "excellent assessment of the historical foundation of how the Islamic world views the West and provides insight into the growing trend of terrorist acts directed against the United States," Gen. Jumper

said. "This selection will help us understand the roots of Islamic fundamentalism as we fight the global war on terrorism."

"Supreme Command: Soldiers, Statesmen, and Leadership in Wartime" offers insight into the wartime relationships between civilian and military leaders, the general said. The leadership characteristics of Abraham Lincoln, Georges Clemenceau, Winston Churchill and David Ben-Gurion are examined to show how each successfully exercised control over their military services during wars of national survival.

The CSAF Reading List, created by former Air Force Chief of Staff Gen. Ronald Fogleman in 1996, is designed to assist airmen in launching a career-long reading program and to supplement previous readings. The current list can be accessed at <http://www.af.mil/lib/csafbook/readinglist.shtml>.

Airman Against Drunk Driving



**Your last resort for a
safe ride home.**

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(2273)**

Briefs

NCO retraining

Air Force officials have announced the start of the Fiscal Year 2003-04 non-commissioned officer retraining program.

The FY03 NCORP will target approximately 1,400 NCOs (E-5 through E-7) to retrain from Air Force specialty codes with NCO overages to AFSCs with NCO shortages.

The voluntary phase of the program runs through June 6. Formal FY04 program objectives will be announced in early October targeting approximately 2,000 to 2,500 NCOs. Some restrictions apply.

For details, call Senior Airman Jeremy Yagoda at 747-4888.

AFROTC

Air Education and Training Command announced procedures for officers (O-1 through O-5) interested in applying for summer of 2004 Air Force Reserve Officer Training Corps Commander, Professor of Aerospace, and Assistant Professor of Aerospace vacancies.

Eligible applicants must have their completed pack-

ages to Air Force Personnel Center by July 1.

For details, call the military personnel flight customer service element at 747-4902.

Call HQ AFPC at DSN 665-4455, ext. 5065, and HQ AETC/DPAOD at DSN 487-4180.

Cub Scout camp

Cub Scout Day Camp is June 12 to 14. Pack 319 is looking for volunteers to help with this event. For details, call Susan Gollimund at 747-6806.

OPSEC tip

Just because a mission may be accomplished, our troops are coming home and the war is over, does not mean that operational security can go out the window.

Our adversaries are patient and gather information for years before acting upon it.

Apply appropriate OPSEC measures to all discussions about past deployments and the war.

Undisclosed locations are still undisclosed. Specific details about our capabilities, limitations, and missions will provide our adversaries useful information to use against us in the next conflict.



Photo by Staff Sgt. Scott Sturkol

Diggin' the future

Roy Hunnewell, commissary manager, Kevin Mattson, Mattson Construction, Minot, Bryan Roukey, Defense Commissary Agency deputy director, and Col. Steve Wayne, 319th Air Refueling Wing vice commander, turn over dirt during a groundbreaking ceremony for the new base commissary Thursday.

Security Forces set Police Week schedule

The 319th Security Forces Squadron holds this years National Police Week on Grand Forks Air Force Base May 9 to 16.

Police agencies across the country historically set aside the week of May 15 to celebrate National Police Week.

The following events are scheduled:

Today

9 a.m. -- Law Enforcement Golf Tournament/BBQ.

Four person teams, best shot, mulligans and string for sale.

Free food to follow.

Saturday

9:30 a.m. -- Police parade through base housing with local and base police vehicles.

Law Enforcement display and career fair. Military, local, state, and federal law enforcement agencies will be present recruiting personnel. For details, call 747-4047 or 747-3456.

Sunday

Normal Services times -- Base Chaplains will hold services in the



memory of fallen Police Officers.

Monday

All Day -- Community Policing Day.

McGruff and SFS personnel will tour the base schools and attend rallies.

Tuesday

8 a.m. -- Commanders Shoot at the base firing range. Squadron and group commanders will compete using the M9 pistol.

Noon -- Law Enforcement Shoot at the base firing range.

Civilian and military law enforcement compete using their service weapon.

Wednesday

7:30 a.m. -- Warrior Competition.

Thursday

4 p.m. -- Peace Officers Memorial Day Retreat Ceremony at the base flagpole. SFS members will provide blue ribbons in the memory of all fallen police officers to people entering and exiting the base.

Why celebrate Asian American Awareness

By Valerie Garcia

When I was in kindergarten, there was a collection of dolls with ivory skin and crystal blue eyes called “All-American Girls” with names like Felicity, Kristen, and Molly that every little girl wanted. In fifth grade, I used to watch “Beverly Hills: 90210” with perky blondes running around in bikinis and green-eyed boys names Dylan and Brandon. I reached high school and read great novels categorized as the American cannon of literature like Salinger’s *Catcher in the Rye* and Thoreau’s *Walden*.

By the time I reached college, I realized that in all my mass media education, rarely did I see the image of someone who looked like me. There was no All-American doll named Kozumi or Asian musician on television except for a concert pianist on PBS. We defined American classics as anything but Amy Tan, Iris Chang, or Jessica Hagedorn. Little did I know, see, or hear about Asian Americans in the American culture and media.

Differentiating between Asian and Asian

American became tricky. I was not born overseas, yet could not connect with the culture that I was born in. I entered college and to my surprise, recognized a month honored Asian American Awareness Month and a curriculum labeled Asian American Studies. I learned about Asian Americans in the public eye that I knew nothing about during my scholarly childhood and high school years. Here I thought, I was somewhat worldly!

It is this newfound realization that I come to recognize the need to celebrate Asian American Awareness Month. It is critical to increase the consciousness and distinguish Asian American individuals in media. Asian American Awareness Month can foster positive images of Asian Americans by introducing names, faces, and voices to the public as well as eradicating false, stereotypical images.

Asian American Awareness Month is a perfect forum to introduce Asian American images to the public. Unfortunately, the institution of education often fails to acquaint these images to students leaving out important persons and events in American culture.

Sometimes it is necessary for us to set aside a month to broach these forgotten images. In elementary school, I was taught in Social Studies about an explorer who sailed the ocean blue in 1492 or a man on a penny who set blacks free. I never learned that Chinese workers built the railroads or about Japanese American confined in internment camps.

Perhaps, these histories were seen as insignificant. However, these histories are the stories of America. With the vastly growing Asian American community outside of areas like the Bay Area or other Chinatowns across the nation, Asian Americans are becoming prominent in education, politics, and business. The forum of Asian American Awareness Month can introduce these stories through film festivals, panel discussions, and reading.

Last year during Asian American Awareness Month, I attended a film showing that introduced me to authors like Louis Chu and Carlos Bulsolan. It was an image of American culture that I was unknowing of throughout my pre-college years.

Commentary

Are you digging your grave with your fork?

By Maj. Larry Groves
Health and wellness center

I've come to the conclusion that the most dangerous weapon in America is the common table fork. It figures in more deaths in this country than just about anything I can think of – not excluding illegal drugs, urban violence, AIDS, SARS, or any of the other medical or social plagues that we wring our hands over.

Almost one-third of the nation is literally eating itself to death, and unless we can learn to control our love affair with large helpings of foods high in fat and sugar, a bad situation is going to get much worse.

Specialists who treat heart disease report that the vast majority of their patients are significantly overweight. Many of them greatly exceed the criterion for obesity – a body mass index (BMI) value of 30 or higher based upon height and weight.

That's not too surprising. Our nation has experienced a substantial increase in body weight during the past decade that cuts across all ages, racial and ethnic

groups and both genders. Clinical height and weight measurements in a 1999-2000 national survey indicated that 31 percent of U.S. adults are obese. This contrasts with the late 1970s, when an estimated 15 percent were obese.

We had things briefly going in a more positive direction in the 1980s, when the nation went on something of a healthy lifestyle binge, but we seem to have long gotten over it. The percentage of Americans reporting that they exercise regularly and restrict their intake of fat and cholesterol is actually declining. Teen-age obesity, by contrast, is rising so rapidly that it is now considered a public health concern.

What are the current costs associated with obesity?

In 2000, the cost of obesity in the U.S. was more than \$117 billion and 300,000 premature deaths. This led to the Surgeon General to call for a campaign to prevent and reduce obesity as a national epidemic through communication, action and scientific research.

Since I'm being a killjoy anyway, I might as well give you all the bad news...if you are going to lose

weight, you'll have to exercise as well as reduce your calorie intake. Diet alone simply isn't enough. Neither, alas, is exercise alone, unless you plan to compete in the Tour de France or vacation at a NFL training camp.

Medical experts agree that a weight loss of just 5 to 10 percent – far less than most obese people would have to lose to bring their weight into the normal range – can significantly reduce the risk of heart disease, certain cancers, stroke, diabetes, and other serious health problems. The benefits are such that weight loss alone constitutes an effective treatment in many cases for borderline hypertension and high blood cholesterol.

So if you are overweight, enlist the help of your health and wellness center and start making the changes in your exercise and eating habits that will produce a permanent reduction in your weight – not because you'll look better (a purely subjective judgment) or be a "better person" (you'll be the same person you are now, only thinner) – but because you will be a healthier person, in the long run.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday, Sunflower Chapel.

Daily Mass: Tuesday through Friday 11:30 a.m. Sunflower Chapel.

Reconciliation: 4 p.m. Saturday, 8:30 a.m. Sunday or by appointment, Sunflower Chapel.

CCD: 10:45 a.m. Sunday, Twining Elementary School, RCIA plus Confirmation.

Reconciliation: 4 p.m. Saturday, 8:30 a.m. Sunday, or by appointment, Sunflower Chapel.

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B'nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie Rose Chapel.

Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel.

Young Adults: 6 p.m. Friday, Chaplain Swain's home, 747-4359.

Youth: 4 p.m. Sunday, held at youth center.

Religious Education: 9 a.m. Sunday, Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie Rose conference room.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Base theater

Today, 7 p.m.

The Core (PG-13)

The Earth's core has stopped spinning, which throws the world's electromagnetic field all out of whack, leading to massive global catastrophes. It might even result in a complete planetary collapse. The only hope is a group of "terranautes," led by a geophysics professor (Aaron Eckhart), and their experimental deep-Earth ship, piloted by Hilary Swank.

Saturday, 3 p.m.

Piglet's Big Movie(G)

When his pals in the Hundred Acre Wood decide to have a honey harvest without him, Piglet disappears. Pooh, Rabbit, Tigger, and the rest of his pals go out looking for him, using a scrapbook to give them clues.

Sunday, 7 p.m.

Gangs of New York (R)

A young Irish-American immigrant, Amsterdam Vallon (Leonardo DiCaprio), returns to the Five Points section of New York City in 1863. His father (Liam Neeson) was killed there 16 years earlier by William Cutting, a.k.a. Bill the Butcher (Daniel Day-Lewis), a powerful anti-immigrant gang leader. Cameron Diaz co-stars as a pickpocket who was raised by Cutting in her youth and who is now in love with Amsterdam.

May 16, 7 p.m.

What a Girl Wants (PG)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.



Col. Scott Phillips, former 319th Air Refueling Wing Vice Commander, yielded his position to Col. Steve Wayne Wednesday.

Before his departure for Maxwell Air Force Base, Ala., to take the position of Air Mobility Chair at the Air University, The Leader staff sat down with Col. Phillips to reflect on his time spent here.

Reflecting

Q: What are your most memorable moments from your time spent here?

A: My most memorable moment was the way the wing responded initially to the events of Sept. 11. Within minutes, everyone on base knew that there was an immediate need to prepare for a possible deployment. From a leadership perspective, almost everything that needed to be accomplished was accomplished before the tasks were even handed down.

Also, winning the Solano Trophy and Outstanding Unit Award validated what we already knew – we are the greatest Air Refueling Wing in the Air Force.

Q: What legacy do you hope to leave behind after you leave here?

A: I hope to leave Grand Forks Air Force Base as a better place to live and work. The quality of life here continues to improve for airmen and their families.

And, as we continue into this high deployment rate, the services for families left behind will continue to improve as well.

Q: What did you like most about Grand Forks AFB?

A: Because of my past experience in Grand Forks, graduating from the University of North Dakota and a local high school, my wife and I thoroughly enjoyed renewing our bonds with the community.

The quality of the people that live in this part of America and their values has been a wonderful experience to be around.

Of course, the people of the base are always doing what is right, families are pitching in to help each other and the community leaders are always seeking new ways to support our base.

It's amazing how our airmen come together in a sometimes harsh environment.

It brings out the best in everyone of us and our desire to succeed.

Q: What would your last words of advice be for Warriors of the North as you depart?

A: I'd just like to thank everyone from airmen assigned to the base to the civilian workforce.

The past two years have been the most significant two years of my career. Linda and myself will truly miss the people here, and we will always feel like this is home.

Balanced approach
to nutritional health

Come To Terms With Weight
You’re not alone in your desire to lose weight. In fact, you’ve got plenty of company! More than 60 percent of all American adults are overweight or obese. It is estimated that by the year 2025, nearly 75 percent of the U.S. adult population will be overweight.

Treat yourself with Respect
As important as it is to know the dangers of obesity, it is equally important to be realistic when approaching a weight problem. Choose your role models wisely!
Fitness models are not realistic. Fitness models in today’s magazines are selected because they were born with genetic make-up desirable for today’s fashion and fitness industry. You will probably not look like a fitness model if you starve yourself and exercise habitually.
You are unique. Your biggest challenge is to make the absolute best of who you uniquely are.

Be Who You Really Are
Examine your bone structure, morphology (the way you’re built) and family history to determine realistic weight goals. If you have a large ‘frame’ and a muscular build, your healthy weight (and the one that will make you the best of who you are) will be more than someone of similar height but with a medium build.

Identify Health Risks
Excess weight carries with it some serious physical and emotional health threats. Whether you’ve put on a few pounds over the years or have struggled with your weight your entire life, weight gain is directly linked to high blood pressure, diabetes, heart disease, cancer, stroke, gall bladder disease, arthritis and early death.

Take Control
Set realistic goals — and then do it!
Meet with your physician or a certified nutrition educator to discuss a food plan that works for you and allows you a more holistic diet.
Most adult daily nutritional needs cannot be satisfied in a diet of less than 1,800 calories for an active adult female, and up to 2,500 for an active adult male, so use your calories wisely and gain the best nutritional benefit: a healthy you!

For more information on Customized Nutritional Services, you can contact Chris Litton at 800.884.0695 or contact her via the web @eclavaca@juno.com.
(From GNLD’s “Your Personal Guide to Achieving Your Weight Loss Goals.”)

Eating healthy:
Fad or fiction?

By Shelly Troff
Contributing Writer

Late night television. Cable shopping networks. Newspapers. Magazines. “Radical” weight loss testimonials. These are just some of the crafty techniques employed by ruthless companies who market their bold claims through ‘fad’ products and diets. The diets promise rapid weight loss or ultimate body sculpting, misleading millions of people to spend money on empty promises and products.

Diet products
For anyone attempting to lose weight, buying and using ‘quick-sale’ diet products can be life-threatening. Wholesale diet-dealers tantalize, promise, cajole, admonish, persist, and ultimately disappoint, leaving the dieter disillusioned with unmet goals and many times worse for the wear.
Beyond the initial disappointments of broken promises and wasted funds, there can be horrific physical fallout from using any combinations of herbs or drugs not endorsed or even tested by the Food and Drug Administration. In the past year, the Air Force has addressed and banned herbal supplements that promise increased metabolism or ener-

gy, due to reported deaths directly related to use of these products. However, it’s human nature to want the quickest fix to any solution, and weight loss tops that list, which is part of the reason so many people are enticed by the fads. But in their pursuit, one important factor is missing.

Balance
“People want results very quickly and they don’t look at long-term lifestyle changes,” said Chris Litton, Certified Nutrition Educator with Customized Nutrition Services in Vacaville, Calif.
Instead, it’s important to determine a food plan that eliminates what Litton refers to as “yo-yo” dieting and focus on your body’s specific needs. “Each person is unique, so what works best for one person may not be the best for someone else,” Litton said.
Then there are the fad diets that require no drugs. These diets simply sell us on the ‘right’ way to consume our food: all protein, no protein, raw vegan, no carbohydrates... you get the idea.
But again, one thing is lacking. Balance. Take, for example, a high protein diet.
“High protein diets don’t incorporate enough fruits or vegetables, and they don’t address the ‘bad’ fats found in high protein diets,” said Litton. “Extreme diets will put your body out of balance. The human body is designed to have what I call a ‘chain of life’ that is, proper amounts of vitamins, minerals, protein, carbohydrates and fats. Food is medicine—good medicine or bad medicine, and it can affect you emotionally or physically.”
So, where is an obvious place to start when overhauling a diet, losing weight or achieving personal weight goals?

ety of nutrients, ‘whole’ foods are the most obvious place to get these nutrients.

Shift your thinking
The well-worn maxim, “If it seems too good to be true, it probably is,” rings just as true for today’s diet fads. Ultimately there is one consistent sentiment that any doctor or certified diet counselor can agree on: “Consuming more daily calories than you use or burn will result in weight gain.” Period.
Adopting a faddish all-or-nothing approach to dieting simply will not work. In contemporary times with contemporary measures, it’s easy to quickly buy into the idea that food ‘mechanics’ will compensate for personal lack of food moderation and exercise.

Holistic approach

“Start with a diet certified nutrition counselor who approaches nutrition from a holistic standpoint,” suggests Litton.
What is a holistic approach? Specifically, ‘whole’ foods such as fresh fruits and vegetable, whole wheat breads, brown rice or any food that is unaltered from its original state and hasn’t been chemically or genetically altered. Because a balanced body needs a vari-



Strawberry Summer Salad

Ingredients:

- ▶ 1 pkg. Romaine or mixed greens, washed and rinsed
- ▶ ½ red onion, circular sliced
- ▶ 1 pint strawberries, cleaned, hulled and sliced

Salad Dressing:

- ▶ ½ cup plain, nonfat yogurt
- ▶ 2 TBSP. vinegar
- ▶ 1/3 cup sugar
- ▶ ¼ cup milk
- ▶ 2 TBSP. Poppyseeds

Mix dressing to creamy texture — whisk works best. Dressing should be prepared ahead of time for maximum flavor.

Toss salad with dressing, then garnish generously with strawberries and red onion. Colorful, tasty and healthy salad!

To add protein and make this a “dinner” salad, simply grill chicken breasts, then cut into strips and add to salad.

More homecomings

Warriors of the North continued to return home from deployments in support of the Global War on Terrorism during the past week. (Right) 319th Air Refueling Wing members get off a KC-135. (Below) family members await the return of their spouses in Hangar 523. (Bottom center) Michelle Hull and son Mikey watch for Tech. Sgt. Dave Hull and. (Bottom right) Michelle and Sgt. Hull embrace.



Photos by Staff Sgt. Scott Sturkol



Special Interest

-- OIF, from Page 2

"In addition to the refuelers, the 401st provided the primary AWACS command and control and JSTARS intelligence, surveillance and reconnaissance capability in the northern war," Clothier said.

According to New, the JSTARS and AWACS crews were a critical link to the war's success.

"JSTARS supported the special ops ground troops, and made sure SCUDS were not fired at them or our other coalition partners," he said.

Sometimes taking on further missions while still in the air, a JSTARS crew on a 13-hour mission was asked to stay in the air to keep surveillance over a certain region.

The determined crew, nicknamed the Sitting Ducks, stayed in the air more than 20 hours just to compete their mission, adding to their already long list of accomplishments during Operation Iraqi Freedom.

While JSTARS kept an eye on the ground, AWACS watched the skies over Iraq.

According to the 401st AEW commander, the Navy fighters depended on the AWACS and JSTARS to be able to support the troops on the ground.

"Having that command and control was key in northern Iraq," he said.

This is an accomplishment that all members of the 401st AEW should be proud of, said New.

"We played a significant role in the operations.



Photo by Master Sgt. Mark Bucher

A KC-135R Stratotanker from here departs the runway of this British eastern Mediterranean base where coalition aircraft have been operating for the last three months in support of Operation IRAQI FREEDOM. The aircraft and it's crewmembers are leaving this base on the first leg of their trip home.

After Turkey wasn't an option, the Navy carriers and the 401st stepped up operations," said Col. Tony Mauer, 401st AEW, vice commander.

"Just like the whack-a-mole game in the arcades,

we were there with our hammers every time the Iraqis popped their heads up," he said. "When the book on Operation Iraqi Freedom is written, the chapter on the 401st will be a very significant one."

Community

Saturday

PRETEEN DANCE: The youth center is holding a dance for ages 6 to 12 from 7 to 9 p.m. The theme for this dance is sports heroes.

Participants are encouraged to dress as their favorite sports hero for a chance to win a prize for most original costume. Cost is \$5, and snacks will be provided.

Sunday

MOTHER'S DAY BRUNCH: The Northern Lights Club is holding a Mother's Day brunch from 10 a.m. to 2 p.m. The menu will include two meats, biscuits and gravy, eggs, fruit, waffles, omelets and more.

The last Super Sunday brunch will be offered on May 25. Graduates may eat free with a paid adult.

Tuesday

GIVE PARENTS A BREAK: Register by Tuesday for the upcoming "Give Parents a Break" date, May 17.

"Give Parents a Break" provides eligible parents a few hours break from the stress of parenting. The Air Force Aid Society provides funding, making it possible for the child development center to open and provide care for this special program.

In order to take advantage of this program, families must be referred by one of the following base officials: squadron commander or first sergeant, chaplain, doctor or medical professional, family advocacy personnel, family support center personnel or CDC personnel.

For details, call the CDC at 747-3042.

FRAMING CLASS: The skills development center is offering a three-day framing class Tuesday through Thursday from 1:30 to 4:30 p.m. Learn to cut mats, glass and frames, and put your project together.

Cost is \$20 plus materials. Class size is limited to six people, so register early. Please bring a picture to frame.

WINNIPEG ZOO TRIP: Register by Tuesday for outdoor recreation's trip to the Winnipeg Zoo May 17. Transportation departs at 7 a.m. from outdoor recreation.

Cost is \$17.50 per adult for transportation only, and an additional \$10 per person for family prices.

Zoo admission fee is \$7.50 for families or \$3 per person.

Wednesday

ARTS, CRAFTS: The youth center is holding a free arts and crafts night for ages 6 to 12 at 5:30 p.m. and ages 13 to 18 at 6:30 p.m.

Thursday

DOLLAR LUNCH DAY: Thursday is Dollar Lunch Day at the Northern Lights Club from 11 a.m. to 1 p.m.

Upcoming

STEAKS AND BULL: The Northern Lights Club is offering eight- to 10-ounce New York strip steaks for \$6.50 from 5:30 to 8 p.m. May 16. There will also be a mechanical bull at the club May 16 and 17.

MILITARY APPRECIATION DAY: Turtle River State Park is holding Military Appreciation Day May 17. Entrance to the park will be free with a military identification card.

There will be a five-kilometer fun run or walk through the park beginning at 3 p.m. Registration is from 2 to 3 p.m. at the park chalet. This event is open to all ages, and strollers and wagons are welcome.

BOATER SAFETY: Outdoor recreation is holding a boater safety class from 6 to 9:30 p.m. May 20.

This class is required before renting motorized watercraft from outdoor recreation.

North Dakota law requires persons 12- to 15-years-old to pass an approved boating course before operating motorboats propelled by motors over 10 horsepower. Additionally, many insurance companies offer a premium discount to adults who complete this course.

For details, call outdoor recreation at 747-3688.

MALL OF AMERICA TRIP: Register by May 29 for outdoor recreation's trip to the Mall of America May 31.

Transportation departs 5 a.m. from outdoor recreation and will return around midnight. Cost for transportation is \$25 for adults, and \$15 for children 12-years-old and younger who are accompanied by an adult.

SDC NOTABLES: The skills development center's summer hours are now in effect.

Hours are Mondays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m., and closed on Sundays, holiday weekends and goal days.

Spouses groups may have free use of the SDC classroom during regular operating hours. Call 747-3482 for reservations.

CHILD CARE OPENINGS: There are several openings at the child development center for 3- to 5-year-old child care. The CDC offers child care Mondays through Fridays from 6:30 a.m. to 5:30 p.m. For details, call Jackie or Tom at the CDC at 747-3042.



Courtesy photo

Col. Keye Sabol, 321st Air Expeditionary Wing commander, stands beside a banner created for deployed members by the Summit United Methodist Church youth group. The wings represent the Air Force, while the heart represents the giving the 321st AEW provides.

Sports



Photos by Senior Airman Jathzed Fabara

White horse? Hat trick?

The terms white horse (scoring nine marks in a game of cricket) and hat trick (three bullseyes in one round) are likely to be foreign to those unfamiliar with the sport of darts, but not as likely for those who participated in the base intramural steel-tip darts playoffs May 2. (Left) Michael Brazil, 319th Mission Support Squadron ‘A’ Team, takes aim during his teams matchup with the 319th Civil Engineer Squadron. (Above) Dart players remove their darts and mark their scores once everyone has thrown.



Setting the table

James “Chappy” Henry, 319th Maintenance Group, sets up Robert Peel, 319th MXG, for a spike. Since finals are just around the corner the ‘final four’ teams are getting prepared to face off for the volleyball intramural championships, May 14.